

STUDENT WELLNESS

The Governing Board recognizes the link between student health and learning. Children and youth that begin each day as healthy individuals are more receptive to the learning experience and more likely to succeed now and in the future. Further, the Board also believes that a healthy staff can more effectively perform their job responsibilities and model appropriate wellness behaviors to students. This policy encourages a comprehensive approach to school and community wellness that is sensitive to the needs of students, staff, and community. It addresses all components of the Coordinated School Health program as recommended by both the California Department of Education and Department of Health Services.

Nutrition Services

The District believes that proper student nutrition and health are vital to the learning environment. Students will have access to healthy breakfast and lunch options provided by reimbursable meals via the School Breakfast Program and the National School Lunch Program. Healthy food options will also be available for all district staff realizing that staff health and modeling of healthy eating habits is an important reinforcement of District nutrition goals.

Other eating opportunities (e.g. ala carte foods and beverages, foods provided through vending machines, and foods provided in the classroom) should meet or exceed current USDA regulations and state law. The District strongly encourages the use of non-food items for fundraising, rewards, and celebrations.

Collaborations with businesses and the community will reinforce the District belief that student nutrition is not limited to the school environment but extends to the majority of time students spend outside of school. These partnerships will reflect a balanced approach to healthy diets for children that appreciate all foods in moderation while recognizing physical activity and parental support through modeling as crucial components for children's health now and in the future.

Physical Education

According to the Surgeon General, regular physical activity is one of the most important things that people can do to maintain and improve their physical health, mental health, and overall well being. A student who is physically educated is more likely to become a healthy adult who is motivated to remain healthy and physically active through his or her life.

The Board recognizes that a quality physical education program is an essential component of a student's overall education. In physical education students will learn how their bodies move, how to perform a variety of physical activities, the health-related benefits of regular physical activity, and specific skills that will allow them to adopt a physically active healthy lifestyle.

Our physical education program will provide opportunities for all students, regardless of ability, to develop the skills, knowledge, attitudes, and confidence necessary for a lifetime of good health and physical activity. To achieve this, the board shall adopt the state physical education content standards K – 12, provide a planned, developmentally appropriate and sequential curriculum, and ensure that physical education is taught in an environment that is safe and conducive to student achievement.

Healthful School Environment

The board believes that the school environment should support the physical, emotional and social needs of students and staff. To this end, school facilities will be designed to provide a safe, secure physical plant as well as a healthy and supportive environment that fosters learning and overall wellbeing.

Staff Wellness

Health assessments, health education and health-related fitness activities should be provided to staff. This will contribute to improved health status, improved morale, and a greater commitment to the school's overall comprehensive health program. This personal commitment often transfers into greater commitment to the health of students and creates positive role modeling. Health promotion activities have improved productivity, decreased absenteeism, and reduced health insurance costs.

Family and Community Involvement

The Board believes that family and community involvement and collaboration are key elements in supporting the healthy development of youth and their families. Long-term partnerships with diverse representative community groups shall be developed. These partnerships are most effective when they are designed to share and maximize resources and expertise in addressing the healthy development of children, youth and their families.

Comprehensive Health Education

The Board believes that health education is essential to student performance and academic success. Health education fosters the knowledge, skills and behaviors that students need in order to lead healthy, productive lives. Health education empowers students to maintain and improve their health, prevent disease, and reduce health-related risk behaviors.

The district shall provide a planned, sequential health education curriculum in accordance with the California State Education Code, Board policy, and the California Health Framework. The framework provides expectations and guidelines for each grade level as well as suggestions for implementation of health instruction, including nutrition education. The framework recognizes the importance of separate health classes taught by credentialed health teachers in both middle and high school.

Student Wellness Services (Including Health Counseling, Psychological and Social Services)

The Board believes that programs and services that support and value holistic wellness—the interplay of cognitive, behavioral, social, emotional, and physical well being—build a healthy school environment while supporting academic achievement. Effective wellness programs facilitate positive learning and instill healthy behaviors while maintaining a focus on prevention and targeted interventions. This philosophy enhances and promotes healthy development in all aspects of students' lives. A broad scope of services from qualified care providers, ready to intervene when services are most beneficial and necessary, will improve the physical and mental health of students and their families while linking them to community resources for support when needed.

Legal Reference:

California Ed Code (EC) Section 35182.5, 38085, 48931, 49431, 49431.2, 49431.5, 49432, 49490-49493, 49500-49505, 49530-49536, 49547-49548.3, 49550-49560, 51210, 51223, 51222, 51225.3, 51241, 51242, 51890, 52316, 60800

Child Nutrition and WIC Reauthorization Act of 2004, Section 204

Code of Federal Regulations (CFR), 7CFR 210.10

*California Code of Regulations: Title 5, Division 1, Chapter 15, Section 15500, 15501, 15510;
Title 5, Division 1, Chapter 2, Section 304;
Title 5, Division 1, Section 352*

ADOPTED: May 23, 2006

BOARD OF TRUSTEES

PLEASANTON UNIFIED SCHOOL DISTRICT

PLEASANTON, CALIFORNIA